

M. C. T. U. NOTES.

THEORIES AGAINST FACTS.

By Mary A. Allen, M. D.



Not long ago, a theory was promulgated through the papers that lying with the head low is a cure for sleeplessness, and immediately people troubled with insomnia, no matter from what cause, began to lower the head of their beds. A few found sleep promoted, but multitudes found themselves more sleepless than ever. Alas for the facts that will conform to theory! The theory will be correct for those whose brains have too little blood in them, but will prove entirely the opposite for those whose brains are already surcharged with blood. The aræmic brain may be quieted by being placed so that the circulation in it is increased; the congested brain needs to be elevated, that the pressure of blood may be lessened.

The theory that alcohol is a valuable remedial agent has taken such a hold upon the average mind that it has become an almost universal remedy for diseases, no matter how opposite their origin. The man in a fever, and one with a chill; the man whose heart has faltered in its work, and the one whose heart is beating like a trip-hammer; the man who has no appetite and who eats too little, and the one who has too much appetite and over eats; the delicate woman who faints because of lack of blood in the brain, and the man who falls with apoplexy because of too much blood in the brain; the man whose nerves are in a constant quiver, and he whose nerves are paralyzed, are all treated with alcohol, indiscriminately given, without regard to quantity, or intervals between doses, or appropriateness of condition. If the patient survives, it is because of the alcohol; if he dies, it is because he did not have enough alcohol. There is no question that alcohol, like other drugs, may be judiciously employed to produce certain effects; and it is equally true that other remedies can be substituted that will produce these effects as certainly, and with less moral danger.

No person without a scientific knowledge of the actual effects of alcohol upon the body should attempt to administer it, for by its use he may be only increasing danger. Alcohol produces congestion of the capillaries of the brain; it is then self-evident that it should not be given in apoplexy. It congests capillaries of the lungs; it is then apparent that it should not be given in pneumonia. It paralyzes both nerves of sensation and motion; it can then serve no useful purpose in paralysis. It precipitates the pepsin of the gastric juice, and thus interferes with digestion. What good, then, can it possibly do in indigestion from lack or from surfeit? It interferes by its action upon the brain with co-ordination, so it cannot give steadiness of nerve; it increases the action of the heart, so it cannot be of use in fever; it cools the body by radiation from the surface, so it cannot be of avail in chilliness. In fainting, it may arouse the heart, and increase circulation in the brain, but the person who faints needs only to be placed in a recumbent position, with clothing loosened, and nature will restore the circulation without the aid of a remedy so dangerous as alcohol.

The testimony of Dr. Nichols, editor of the *Journal of Chemistry*, is pertinent and conclusive as a theory based upon a scientific knowledge of facts. He says: "If the vinous fermentative process were to cease, and the art of distillation become a lost art, not a life would be sacrificed, not a case of disease retarded in process of cure, and not one of the art process would suffer."

THE DIFFERENCE.

California Prohibitionist.

The other day a boy in Newark, whose home had been burned by a drunken father, attempted to retaliate by breaking into saloons, wrecking fixtures and wasting stock. His efforts in this direction were soon out short by the police, of course. But how about the wreckers of the boy's home? Oh, they are licensed to do that sort of thing, and mustn't be molested.

A leaky barrel will get tight if soaked in water, but you have to soak a man in whiskey, water won't do it.—*Breeze*.

If the protection of wool is of more importance than the protection of the boyhood, manhood, and womanhood of the country, vote some other ticket than that of the Prohibitionist. Have the courage of your convictions. But recollect that for all your acts you will be held accountable.—*Pioneer*.

For wiping away preperation give us bandannas; but for wiping out the saloons we cheer only for the streamers on which are inscribed, "God, Home, and Native Land."—*Pioneer*.

The saloon-keepers in the east end of Pittsburg who failed to get their licenses renewed by the court were lately visited by persons who represented that if a certain sum of money was forthcoming they would secure a rehearing of the refused applications. In a number of cases the swindle was successful, and amounts varying from \$5 to \$10 were collected from the victims.

To the Teachers of Iron County.

From June 23d to July 11th I will be at Ironton. From July 16th 'till August 5th in Caledonia. From August 5th 'till August 16th in Ironton. If possible I hope all will be examined between this and July 11th.

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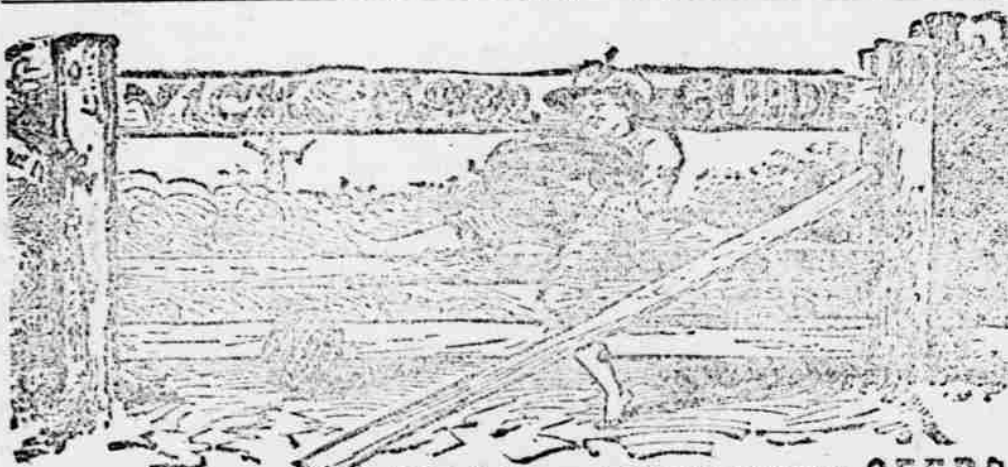
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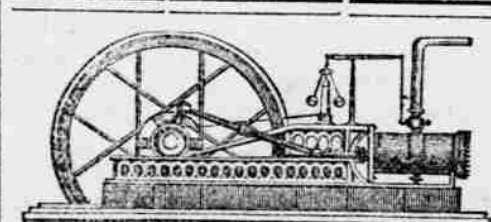
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